Guidance & Counselling

By

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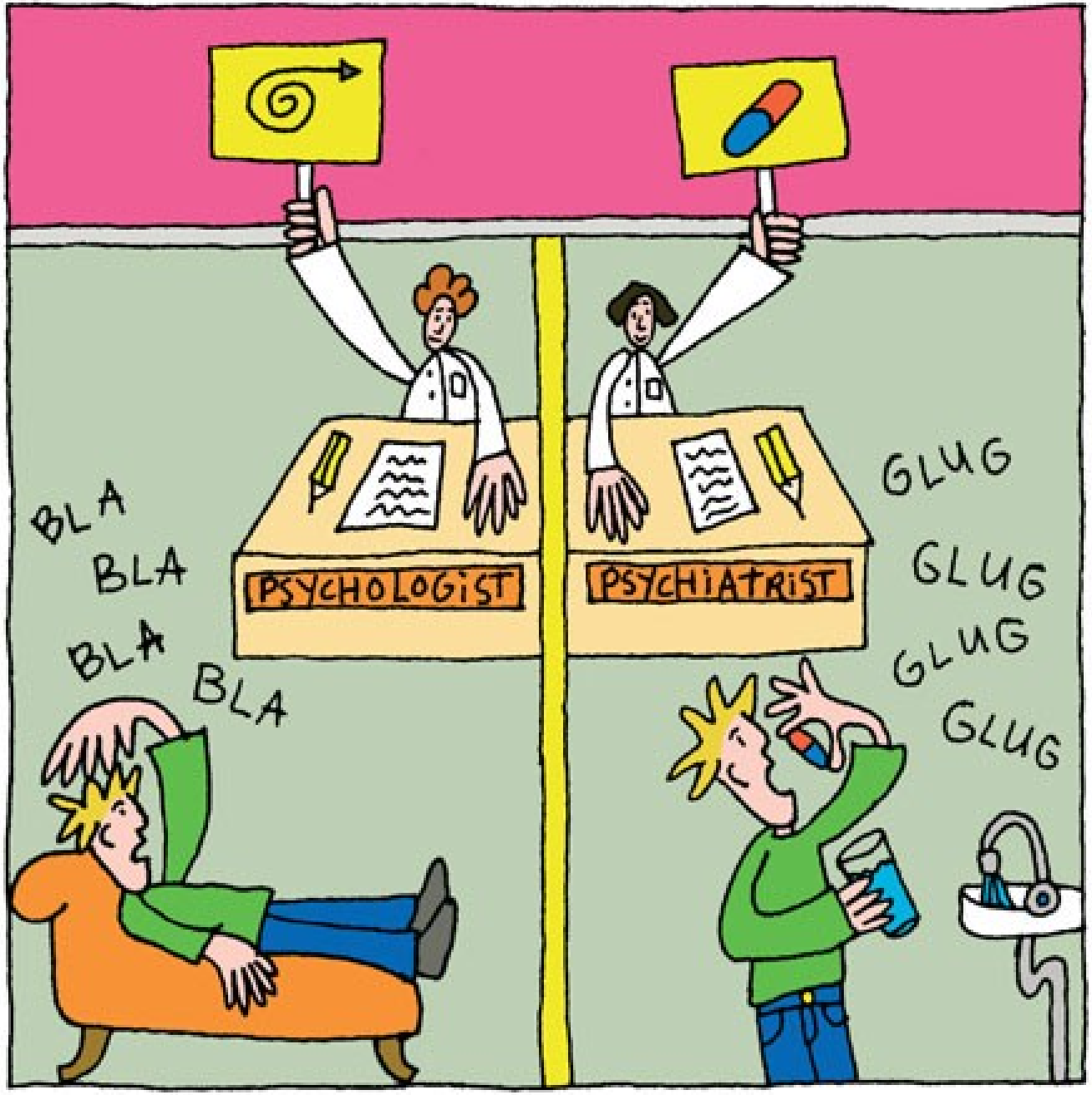
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Meaning of Guidance

The term ‘Guidance is most understood as a non-material help given by an individual to another individual to help him meet a problem or overcome such a situation.

Guidance is a helping service. The essential nature of guidance consists in helping individual to help themselves.

Function of Guidance

The basic function of guidance is to facilitate the personal **development** of the pupils.

The individual can help himself only when he has:

1. Understanding of his own **capacities, talents, likes** and **dislikes, aims, goals** and **aspirations**; and
2. Understanding of the world or the situation. The **opportunities** and the **limitations** that he has to take into account in arriving at a choice or decision.

Barriers to understanding

Psychological barriers to understanding

Social changes are barriers to understanding

- Rapid change into urbanization
- Worldwide industrialization

Meaning of work is change

Family change

Religious beliefs and moral

Changing educational philosophy

Aids to Understanding

Mutual Experience

Cumulative Records

Co-operation in the school

Co-operation in the home

Community Information and activities

Effective Guidance

1. Better understanding of the pupils – their problems and needs.
2. Understanding of the youth ***himself***, his ***home*** his ***school,*** his ***community*** and his ***environment*** (Physical and Social)
3. Discovering through co-operative effort effective ways of helping the pupil at ***home,*** at ***school*** and the ***community***, to adjustment himself to the constant changes that are ever taking place
4. Youth must be helped to learn to how to use their capacities, the wide opportunities and the freedom that are available to them. This can be done only when we help develop in the youth a set of **values**, sound **self-concepts, realistic occupational** and **vocational goals**, **desirable attitude** to oneself, to his work and to his community

Educational & Vocational Guidance

1. Physically handicapped
2. Socially handicapped
3. Mentally handicapped
4. Academically Handicapped

Counselling

"What d'you mean, 'Get on the couch'? – I AM a couch!"

Definition of Counselling

Counselling as the process of aiding the individual to solve his problems through the medium of interview.

-Brodin

Definition of Counselling

Counselling as an interactive process conjoining the counselee who needs assistance and counsellor who is trained to give this assistance.

-Perez

Objective of Counselling

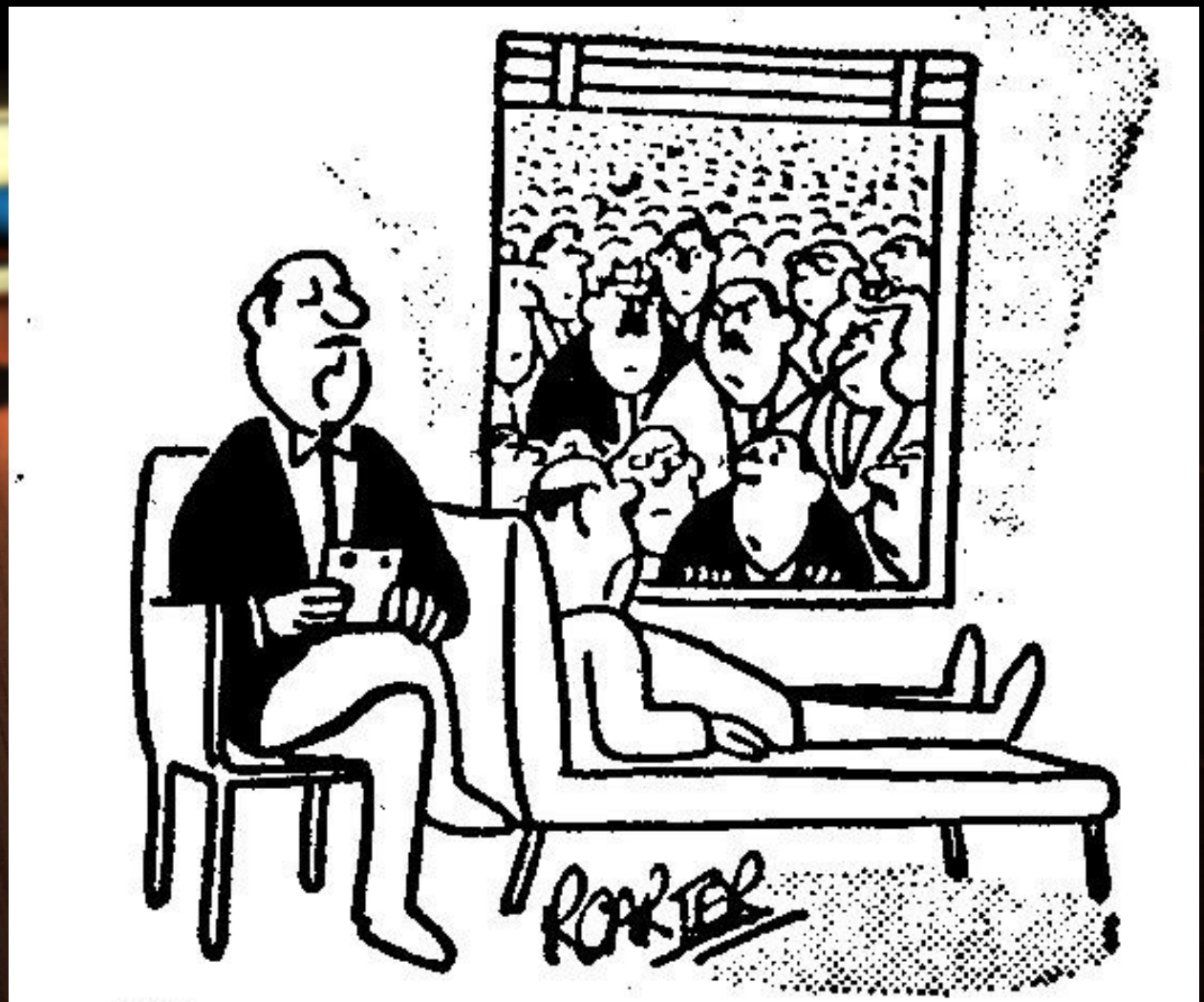
Counselling is help individual to become self-sufficient, self-dependent, self-directed and to adjust themselves efficiently to the demands of better and meaningful life.

Conditions Essential for Counselling

1. Counselling is usually given in a person-to-person with face-to-face inter-relationship.
2. It is based on the basic premise that the counselee (pupil or individual) wants help or assistance and approaches the counsellor.
3. Counselling is always voluntary it is sought and not thrust by counsellor on the counselee.

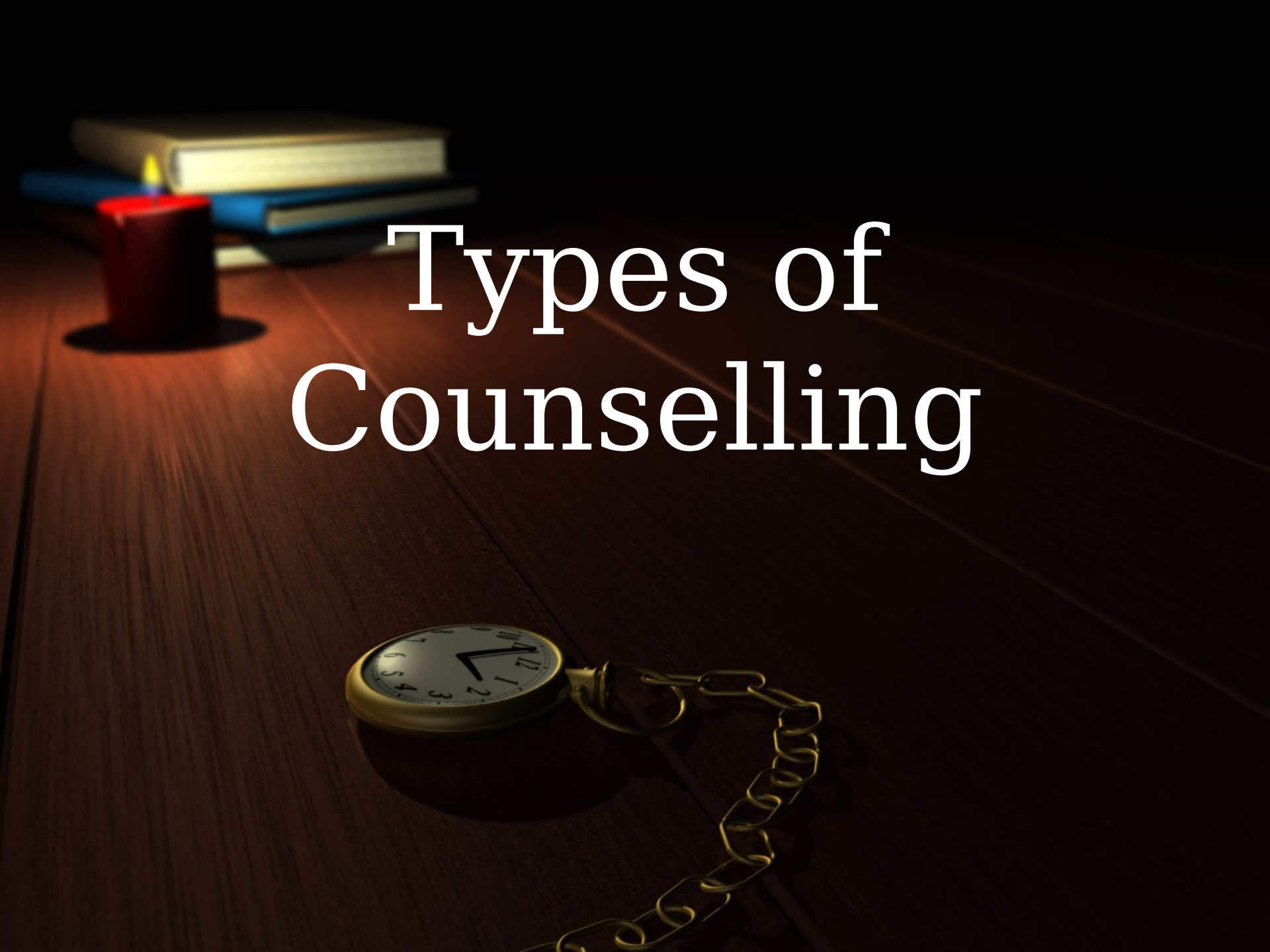
Conditions Essential for Counselling

4. Counselling requires a warm and friendly relationship between the counsellor and the counsellee.
5. The relationship is called ‘rapport’ which provide for feelings of trust and understanding. Without rapport, Counselling cannot be success.
6. The status of the counsellor or his authority has no functions whatsoever on the effectiveness of counselling.



"Now you say you have the feeling that everybody's staring at you."

Types of Counselling



Types of Counselling

1. Directive approach Counselling
2. Non-Directive approach Counselling
3. Eclectic approach Counselling
4. Group Guidance and Group Counselling
5. Case Conference
6. Multiple Counselling

Directive Counselling

It is also known as

Counsellor-Centered approach

It is also popularly called

Trait-and-Factor approach

Directive Counselling

It is based on three basic assumption, namely,

1. **All human individuals are capable of solving their problems and that they have the necessary capacity to do so.**
2. **Individuals often are unable to solve their problems owing to their ignorance or lack of knowledge about themselves.**
3. **Even then individuals have sufficient understanding of themselves, they are unable to solve their problems because they had not know about the situation. Its opportunities and limitations.**

Six Stages of Directive Counselling

1. **Analysis** – Collection of Data
2. **Synthesis** – Summarizing and organizing the data
3. **Diagnosis** – Interpretation of Data
4. **Prognosis** – Prediction about future progress
5. **Counselling** – Treatment given by Counsellor
6. **Follow-up** – Evaluation of the effectiveness of Counselling

Most Uses of Directive Counselling

It is most suited to

Educational and Vocational Guidance and Counselling

Non-Directive Counselling

It is also known as

Client-Centered approach

Counselling or

the Humanistic approach

Non-Directive Counselling

This was developed to Carl Rogers in 1942.

According to Rogers, Counselling is psychotherapy

Seven Stages of Non-Directive Counselling

1. **Individual does not perceive or recognize any problems. There are some inhibitions.**
2. **He perceive problems but looks upon them as external to the self**
3. **He free to express his feelings**
4. **He has self-responsibility**
5. **He is able to see the contradictions and incongruence in experience**
6. **The inhibitions are gradually overcome**
7. **The Counsellee becomes a “fully functioning person”**

Eclectic Approach (Integrative approach)

This point of view tries to utilize, whatever technique suits a particular client in such a way the ultimate aim, namely, making the individual solve his problems is achieved. In this approach counsellor makes a diagnosis on the basis of complete picture of the client's problems. After making the diagnosis, the counsellor tries to unearth the underlying causes choosing a specific method suited to the needs of the client. The method and results obtained are evaluated.

Group Guidance and Group Counselling

In this method subjects expressing similar type of problems are brought together and guidance is given to them as a single group. In this process, when a pupil learns that he is not the only person experiencing a particular problem and that there are others like him, he does not lose heart, he may feel a sense of relief and reassurance.

Group Guidance and Group Counselling

There are some important factors to be born in mind.

1. The size of the group in group guidance or group counselling should be reasonably small. That is, It should not exceed ten members.
2. The members of the group must be chosen with care such that there is homogeneity.
3. The role of the counsellor should be one of an “understanding observer”, he should initiate group action and direct its progress. He should play a role of active observer.

Case Conference

Case conference is a technique borrowed from the medical situation in which different specialists discuss openly the case (of a patient) trying to bring about the implications of the symptoms and the course of treatment from each specialists' point of view. This approach gives a better understanding of the case as it is viewed from different angles and therefore provides a more inclusive or a total picture. In guidance or counselling, the case conference procedure can be used to a great advantage, when the counsellor feels that he should have the advantage of other points of view.

Multiple Counselling

It is similar to utilization of group method in counselling or guidance, i.e., a counsellee or individual is guided by different counsellor is responsible for one aspect of guidance. For example a counsellor may have highly developed skill and knowledge with regard to vocational guidance he may have a lot of information about vocation. Another counsellor may have similar skills in the field of edcational or academic guidance. A third conunsellor, may have the necessary expertize in providing psychological or personal guidance. So when all the three counsellors specializing in respective area, are brought together they can help the client much more effectively than when he is guided by one of the counsellors only.

Good Counsellor

1. Pertaining attributes: A person who has awareness of her needs, feelings, personal strengths and weakness, acts as a good counselor
2. Good psychological health
3. Sensitivity: A person having the ability to understand an individual acts as a good counselor.
4. Open-mindedness
5. Objectivity

Good Counsellor

6. Trustworthiness: The counselor should be reliable, honest and not hurt others.
7. Approachability: Counselor should be friendly, have positive attitude bout others and approachable without a feeling of apprehension.

Guidelines for Successful Counseling

- A very careful scheduling of the counseling sessions should be done . Make appointment ; this save time.
- Provide privacy and maintain confidentiality
- Know the client before he comes for the session. Gather data from different sources. This can serve as a framework within which the person's problem can be worked upon.
- Know your own personality; this prevents your opinions or attitudes from affecting the objectivity of your perception of the client's problems.
- Be a good listener

"Now tell me, when you lose your temper, do you go to extremes?"

Thank You

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